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APPLES

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APPLES

Consumer Section

Canada Department of Agriculture

For genuine eating pleasure no fruit can equal the Canadian apple. In it nature has achieved a masterpiece — beauty of form and color, appetizing aroma, crisp juicy texture and delicate flavor. Canada's climate is especially suited to the growing of apples and to Canadians the apple is their national fruit.

Through constant study and scientific development great strides have been made in the apple industry. New varieties of apples have been developed, new sprays for controlling insects perfected and storage methods have been improved extending the fresh apple season by many months.

Apples have a wider variety of uses than any other fruit. They can be served with any course, raw or cooked, hot or cold, and are available in many forms — fresh, canned, frozen and dried.

BUYING

Buy apples by grade whenever possible.

Buy apples by variety according to cooking and eating quality.

Buy firm tart apples for cooking purposes.

Buy the largest amount that can be stored conveniently.

STORAGE

Apples are picked from the trees at their ideal stage of maturity and are stored in cool humid storage rooms in which these conditions as well as the lighting and gas content of the rooms are controlled. To retain their firmness and crispness apples should be kept cool at all times. In the home they should be stored in the refrigerator or in a cool humid room.

GRADING

Canadian apples are grown on a commercial scale in British Columbia, Ontario, Quebec, Nova Scotia and to a lesser extent in New Brunswick. Regardless of origin when apples are shipped from one province to another they must be graded, packed and marked in accordance with Federal Government standards. Apples grown and sold in the four main producing provinces are also subject to provincial regulations which are in effect the same as the federal regulations.

During grading apples are "sized". This means that each package of any grade contains apples of uniform or specified size range, the largest apples not necessarily being in the highest grade. While there may be slight differences in sizes permitted provincially, a diameter of two and a quarter inches is the minimum size for apples graded according to federal regulations.

Grades of apples in order of quality

CANADA EXTRA FANCY

CANADA FANCY

CANADA COMMERCIAL or "C"

In each of these grades the apples must be of one variety, mature, hand picked, clean, sound, sized, properly packed and have the specified minimum color for the variety and grade. In general, the lower the grade the lower are the color requirements. Other than that the grades are based on the degree of freedom from various defects such as bruises, insect injury, stem puncture, russeting or other blemishes.

PACKAGING

Apples may be packed in any one of a number of standard containers which must be well and properly filled. The container must be marked with the name and address of the packer or shipper, the grade, the variety and the size of the apples.

Apples repacked for retail sale are subject to provincial legislation which varies by provinces.

FOOD VALUE

Eaten in generous quantities, especially raw, apples make an important contribution to the diet. The sugar in the fruit is ready for immediate absorption to supply the body with energy. Apples contain some minerals and vitamins, the vitamin content varying with the variety of apple, storage conditions and the way the fruit is served.

Apples also provide stimulating acids, juices and bulk which aid in good digestion and intestinal activity. Because of their crisp texture eating raw apples provides exercise for the jaws and at the same time helps to stimulate the gums and clean the teeth.

Statements re food value of apples approved by Nutrition Division, Department of National Health and Welfare.

ANY TIME IS APPLE TIME	
BREAKFAST Apple Sauce, Baked Apple	MORNING SNACK Apple Juice
DINNER An Apple Dessert	AFTERNOON SNACK Apple Bread or Muffin
SUPPER An Apple Salad	EVENING SNACK A Raw Apple

SERVE APPLES IN SALADS

Combine equal amounts of chopped unpeeled red or green apple and . . .

cabbage, carrots or celery.

cherries, peaches, pears or grapes.

pork, veal or ham.

chicken or turkey.

lobster, tuna, salmon or chicken haddie.

cottage or cream cheese.

All salad ingredients should be well chilled.

Most apples darken quickly when cut. Avoid this by . . .
cutting at the last minute.

or

immediately mixing with fruit juice or dressing.

For extra flavor add some . . .

bacon chips or mixed salad herbs to apple-vegetable salads.

dates, raisins or cranberries to apple-fruit salads.

chopped green pepper or pimiento, chopped pickles or relish to apple-meat or apple-fish salads.

chopped candied ginger or nuts to apple-cheese salads.

Mayonnaise, salad dressing, French dressing and sour cream are all good with apple salads. A small amount of horseradish, ginger, cinnamon, peanut butter, crumbled cheese or chives may be added. Any added flavor should blend well with the salad.

One of many easy-to-make Apple salads —

2 cups chopped unpeeled red apple

2 cups shredded cabbage

$\frac{1}{2}$ cup raisins

Moisten with French dressing to which crumbled cheese has been added. Toss lightly and serve on crisp lettuce.

SERVE APPLES WITH MEATS

APPLE STUFFING . . .

is particularly good with roast goose, duck, chicken or pork. Simply add some chopped unpeeled apple to a standard bread stuffing.

APPLE ADDS FLAVOR TO . . .

curry dishes and many casseroles.
salmon, or pork loaf.
sausage stuffings for vegetables.

APPLE GLAZES . . .

add flavor and color to meats. Baste meat with apple juice or melted apple jelly several times during the cooking.

APPLE GARNISHES . . .

Serve apple sauce, apple jelly, spiced apples, apple chutney or apple and cranberry relish with chicken, turkey, duck or goose.

With broiled, panfried or roast pork try broiled or sautéed apple rings.

Flavor apple sauce with mint and tint light green to serve with lamb.

TANGY APPLE HALVES

3 medium-sized tart apples
2 tablespoons brown sugar
2 tablespoons molasses
 $\frac{1}{4}$ cup tomato catsup
Few grains salt

Wash apples, do not peel. Cut in half crosswise and scoop out core to form hollow. Place halves, cut side up, in a shallow baking pan. Blend together sugar, molasses, catsup and salt. Spoon mixture over apples. Bake in a moderate oven (350°F.) until tender—about 35 minutes. This makes an excellent accompaniment for roast pork or chops, ham, mixed grills, pork and beans, wieners, or sausages.
6 servings.

NOTE:— An additional 2 tablespoons of brown sugar may be substituted for the molasses.

BAKED APPLES

6 apples
2 tablespoons butter
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{8}$ teaspoon cinnamon
 $\frac{1}{8}$ teaspoon salt
6 tablespoons water

Wash and core apples. Near top of apple insert point of a knife downward into apple and make a cut about half an inch deep completely around apple. Set apples in shallow baking dish. Cream butter, add sugar, cinnamon and salt and cream well together. In center of each apple place 1 to 3 teaspoons of mixture, depending on tartness and size of apple. Pour water into baking dish and place in oven.

Bake apples uncovered at 350°F., 375°F. or 400°F. until tender, testing with a skewer. Baking time will depend on variety, maturity and size of apple and on oven temperature used and will take from 20 to 50 minutes.

Place apples in serving dishes. Spoon juice over apples. If desired, more water, butter, sugar, salt and spices may be added to juice and then thickened with cornstarch.

In addition to, or in place of, a butter-sugar-spice mixture one or more of the following fillings may be used: raisins, currants, candied ginger, cut peel, mincemeat, cranberries, cranberry sauce, lemon juice, grated lemon rind, marmalade, jam, small hard candies, honey, maple sugar, nuts. A spoonful of meringue or a marshmallow may be placed on each apple 10 minutes before baking is complete.

PRESSURE COOKED APPLES

Cut aluminum foil into squares 7 inches or larger. Prepare apples as in Baked Apples. Set each apple on piece of foil and draw up sides leaving top open. Add $\frac{1}{2}$ cup water to pressure saucepan. Place apples on rack and cook according to directions given in cook book supplied with saucepan.

PLAIN PASTRY

2 cups sifted all-purpose flour
OR 2 $\frac{1}{4}$ cups sifted pastry flour
1 teaspoon salt
 $\frac{3}{4}$ cup shortening, well chilled
 $\frac{1}{4}$ to $\frac{1}{3}$ cup ice water

Mix and sift flour and salt. Cut in half the shortening with pastry blender or two knives until pieces are size of peas. Then cut in remaining shortening leaving some pieces larger than peas. Sprinkle water, a little at a time, over flour mixture and toss lightly with a fork. When adding more water moisten a dry portion each time. When just moist enough to hold together under slight pressure form into two balls, flatten and chill while preparing filling for pie. Makes enough pastry for one 2-crust, 9-inch pie.

APPLE PIE

Pastry for 1 two-crust 9-inch pie
5 to 6 cups peeled, cored sliced apples
 $\frac{1}{2}$ to $\frac{3}{4}$ cup sugar
 $\frac{1}{4}$ teaspoon cinnamon or pastry spice
1 tablespoon butter

Place half of dough on a lightly floured board and roll to a circle about 12 inches in diameter. Line pie pan, being careful not to stretch dough. Combine sugar and spice. Place apples and sugar mixture in alternate layers on lower crust. Dot with butter. Roll out other half of dough and cut steam vents. Moisten edge of lower crust and place top pastry loosely over fruit. Trim pastry even with edge of pie pan, press and crimp edge. Bake in a hot oven (425°F.) 40 to 55 minutes.

NOTE:— (1) Sprinkle one tablespoon lemon juice over very sweet apples. (2) Cranberries, raisins, currants or mincemeat may be substituted for a portion of the apples. (3) A cheese crust may be made by adding $\frac{1}{2}$ cup grated Cheddar to the dry pastry ingredients.

CALENDAR OF

	EATING COOKING		Color of Skin
GRAVENSTEIN	FAIR	GOOD	Red, yellow stripes
LOBO	GOOD	FAIR	Deep, rich red
WEALTHY	FAIR	GOOD	Red with green and yellow stripes and splashes
FAMEUSE (SNOW)	GOOD	FAIR	Bright red, medium size
McINTOSH	GOOD	FAIR	Deep, rich red
RIBSTON	FAIR	GOOD	Yellow, over spread with red
JONATHAN	GOOD	FAIR	Bright red with greenish yellow patches
CORTLAND	GOOD	GOOD	Large, red
KING	FAIR	GOOD	Large, orange-red to deep red with some stripes
GREENING	FAIR	GOOD	Bright yellowish green
DELICIOUS	GOOD	FAIR	Bright red with 5 points at base
WAGENER	FAIR	GOOD	Light red
STAYMAN	GOOD	FAIR	Striped red
NORTHERN SPY	GOOD	GOOD	Large, red striped
ROME BEAUTY	FAIR	GOOD	Large, round, striped red and green with tiny pin dots
GOLDEN RUSSET	GOOD	FAIR	Russet or golden color
WINESAP	FAIR	GOOD	Bright red
NEWTOWN	GOOD	GOOD	Green often with yellow tinge

Transparent, Duchess and Melba are early. The Canadian apples named in this chart, some of them readily available only in cold storage has made it possible to extend the season. Delicious and Spy, beyond the times speci-

CANADIAN APPLES

Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	Mar.	Apr.	May
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Apples available in late summer.

These comprise the leading commercial varieties, grown in parts of Canada. Controlled atmosphere storage of some varieties particularly McIntosh, is noted above.

WHOLE APPLE CRISP

6 medium cooking apples

$\frac{1}{3}$ cup butter

1 cup firmly packed brown sugar

$\frac{2}{3}$ cup sifted all-purpose flour

OR $\frac{1}{3}$ cup flour and $\frac{2}{3}$ cup quick-cooking rolled oats

Core and pare apples. Place close together in a greased baking dish. Cream butter, add brown sugar and cream well together. Blend in flour with pastry blender until mixture is crumbly. Sprinkle mixture over apples. Bake in a moderately hot oven (375°F.) until apples are tender and topping is lightly browned, about 40 minutes. 6 servings.

NOTE:—Instead of apples being left whole, they may be peeled, quartered and cored, then left in quarters or sliced.

APPLE DUMPLINGS

Pastry dough using 2 cups flour

OR Rich biscuit dough using 3 cups flour

6 medium apples, cored and peeled

Filling (see recipe for Baked Apples)

Roll out dough in a rectangle, $\frac{1}{8}$ inch thick for pastry, $\frac{1}{4}$ inch for biscuit dough. Cut into 6 squares, 7 inches or larger. Set an apple on each square. Place filling in apple cavity. Lightly moisten edges of dough, draw up the four corners of the square and pinch edges together all the way down. Place in shallow baking pan and bake in a hot oven (425°F.) until lightly browned and apples are tender, 25 to 40 minutes, depending on variety and size of apples. Serve with cream or hot pudding sauce. 6 dumplings.

NOTE:—If biscuit dough is used, a hot syrup, made of 1 cup brown sugar, 1 cup water and spices to taste, may be poured over the dumplings after they have started to brown. To give a richer flavor to the syrup, use liquid from apple peelings that have been simmered in about 2 cups of water for 10 to 15 minutes.

BAKED APPLE DESSERTS

APPLE UPSIDE-DOWN CAKE

Melt $\frac{1}{4}$ cup butter in baking dish. Add $\frac{3}{4}$ cup brown sugar. Arrange 6 thick rings of apple in dish. Cover with gingerbread or plain cake batter and bake.

APPLE COTTAGE PUDDING

Place thick layers of sliced, peeled apples (4 cups) in deep baking dish. Add 2 tablespoons water. Sprinkle with sugar and spices to taste. Cover with plain, spiced or sponge cake batter and bake.

APPLE COBBLER

Make as Apple Cottage Pudding. Cover apples with rich, slightly sweetened tea biscuit dough in place of cake batter.

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Baked Apple Desserts are usually served hot with cream or a sauce.

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APPLE BUTTERSCOTCH SAUCE

$\frac{1}{4}$ cup butter

$\frac{3}{4}$ cup firmly packed brown sugar

3 tablespoons cornstarch

Pinch of salt

1 cup apple juice

1 cup water

Melt butter. Blend in sugar, cornstarch and salt. Cook until mixture is slightly browned. Add apple juice and water and cook, stirring constantly, until sauce thickens. Continue to cook 2 to 3 minutes. Makes about $1\frac{1}{2}$ cups sauce. Serve with baked or steamed puddings or hot gingerbread.

NOTE:— If an additional one cup of apple juice is substituted for the water, increase cornstarch by one tablespoon. Use immediately as this sauce will thin out if held.

HUNGARIAN APPLE PUDDING

- 6 cups shredded tart apples
- 1 cup soft, stale bread crumbs
- 1 tablespoon butter
- $\frac{1}{3}$ cup sugar
- 2 egg yolks
- $\frac{1}{2}$ teaspoon salt
- 2 egg whites
- 3 tablespoons sugar

Pare and shred apples using medium shredder. Add bread crumbs and mix. Cream butter, add sugar, egg yolks, salt and beat thoroughly. Add to apple mixture and combine well. Make a meringue of the egg whites and remaining sugar and fold into first mixture. Pour into a lightly greased baking dish. Oven-poach in a moderately hot oven (375°F.) until golden brown — about 1 hour. Serve hot with Spiced Hard Sauce. 6 servings.

SPICED HARD SAUCE

- 1 cup icing sugar
- $\frac{1}{8}$ teaspoon nutmeg
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{3}$ cup butter
- $\frac{1}{8}$ teaspoon cloves

Sift together sugar and spices. Cream butter, add sugar mixture gradually, and stir until well blended. Chill.

APPLE ICE CREAM

- 1 teaspoon gelatin
- 1 tablespoon cold water
- $\frac{1}{2}$ cup hot milk
- 2 cups shredded unpeeled red apple
- $\frac{1}{2}$ cup fruit or fine granulated sugar
- Few grains salt
- $\frac{3}{4}$ cup whipping cream

Soak gelatin in cold water for 5 minutes then dissolve in hot milk. Chill. When mixture begins to set, shred apple, using medium shredder. Add sugar and salt and combine with gelatin mixture. Whip cream and fold into mixture. Freeze to a mush, stir, then freeze until firm. 6 servings.

CREAMY APPLES

- 1/2 cup sugar
- 1/2 cup water
- 6 apples, cored and peeled
- 2 to 3 tablespoons sugar
- Few grains salt
- 2/3 cup whipping cream
- 1 egg
- 4 drops almond flavoring
- 1/4 cup slivered or chopped almonds

Combine sugar and water and bring to a boil. Add apples, cover and simmer until tender, turning once during cooking. Lift apples from syrup and place in dessert dishes. In top part of double boiler combine remaining sugar, salt and cream then heat. Beat egg. Gradually stir hot cream mixture into beaten egg. Return to double boiler and, stirring constantly, cook over hot water until mixture coats a silver spoon — about 4 minutes. Remove from heat and add flavoring. Pour over apples and garnish with almonds. Serve warm or cold as desired. 6 servings.

APPLE BRAN MUFFINS

- 1 cup sifted all-purpose flour
- 1/4 cup sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup cooking bran
- 1 egg
- 2/3 cup milk
- 1 cup chopped, unpeeled apple
- 3 tablespoons melted shortening
- 2 tablespoons sugar
- 1/4 teaspoon cinnamon

Combine flour, sugar, baking powder and salt then sift. Add bran and mix thoroughly. Beat egg, add milk, apple and melted shortening. Make a depression in dry ingredients and pour in egg mixture. Stir only enough to moisten dry ingredients. Spoon quickly into well greased muffin tins, 2/3 full. Mix remaining sugar with cinnamon and sprinkle over muffins. Bake in a hot oven (400°F.) 20 to 25 minutes. Makes 10 to 12 muffins.

APPLE SPICE BARS

- $\frac{1}{2}$ cup shortening
- $1\frac{1}{4}$ cups sugar
- 2 eggs
- 1 teaspoon vanilla
- 2 cups sifted all-purpose flour
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $1\frac{1}{2}$ teaspoons salt
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon nutmeg
- 2 tablespoons cocoa
- $\frac{2}{3}$ cup milk
- 2 cups shredded apple

Cream shortening, add sugar gradually and cream well together. Add eggs and vanilla and beat thoroughly. Mix and sift dry ingredients. Shred apple, using medium shredder. Add dry ingredients to creamed mixture alternately with the milk. Stir in shredded apple. Spread in two greased 9" square baking pans and bake in a moderate oven (350°F.) for 50 minutes or until lightly browned. Cool and cut into bars about $1\frac{1}{2}$ " x 2". Makes about 4 dozen bars.

APPLE BREAD

- $\frac{1}{4}$ cup butter
- $\frac{2}{3}$ cup sugar
- 2 eggs
- 2 cups sifted all-purpose flour
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- 1 teaspoon salt
- $1\frac{1}{2}$ cups peeled, finely shredded apple
- $\frac{1}{2}$ cup chopped nuts

Cream butter, add sugar gradually and cream well together. Add eggs and beat thoroughly. Mix and sift dry ingredients. Shred apple, then add alternately with the dry ingredients. Stir in nuts. Spread batter in a greased, lined loaf pan about 9" x 5". Bake in a moderate oven (350°F.) for about 1 hour.

APPLE MERINGUE TOPPING

- 2 egg whites
- Few grains salt
- $\frac{1}{3}$ to $\frac{1}{2}$ cup sugar
- $1\frac{1}{2}$ cups shredded apple, peeled or unpeeled
- 2 teaspoons lemon juice

Add salt to egg whites and beat until rounded peaks form. Add sugar gradually, beating until meringue is stiff and glossy. Using fine shredder, shred apple, mixing in lemon juice to prevent browning. Fold apple mixture into meringue. Use immediately. Serve on hot or cold gingerbread, chocolate cake, pumpkin or mince pie. Makes about $3\frac{1}{2}$ cups.

CANDY APPLES

- 9 medium red apples
- 9 wooden skewers
- 3 cups granulated sugar
- $\frac{1}{4}$ teaspoon cream of tartar
- $\frac{1}{4}$ teaspoon salt
- 1 cup water
- Red food coloring

Wash and polish apples. Remove stems and stick wooden skewers well down into stem end of apples.

Combine sugar, cream of tartar, salt and water in deep saucepan or top part of double boiler. Add red coloring until syrup is desired color.

Place saucepan over direct heat and stir until sugar is dissolved. Then cook rapidly without stirring to "medium crack" stage (290°F.) or until syrup when dropped into cold water forms a rather brittle thread which piles up in zigzag fashion. To prevent syrup turning to sugar do not stir while syrup is boiling.

As soon as syrup reaches 290°F. , remove from heat, keep warm and immediately begin dipping apples, one at a time. Twirl about and place, stick up, on waxed paper to cool and harden.

APPLE SAUCE

6 medium apples
 $\frac{1}{4}$ to $\frac{1}{2}$ cup water
3 to 6 tablespoons sugar

METHOD I—Wash apples, quarter and remove stem and blossom ends. Cut quarters in half and place in a heavy saucepan. Add water, cover tightly and place over high heat until steam escapes. Reduce heat and cook slowly until apples are tender, 15 to 20 minutes, stirring occasionally. Press through a coarse sieve. Stir in sugar and bring to a boil. Remove from heat and add a little spice, if desired. Makes about 3 cups.

METHOD II—Wash apples, pare, quarter and core. Cut quarters in half and place in a heavy saucepan. Cook according to Method I. Mash or sieve, if desired, before adding sugar. Makes about 3 cups.

SERVE APPLE SAUCE — FRESH OR CANNED...

as a topping for rice, tapioca and custard desserts.

between layers of fresh gingerbread with garnish of whipped cream.

in an omelet — before folding spread omelet with a thin layer of hot sauce.

spiced or unspiced with pancakes or waffles.

jellied in individual molds as a meat accompaniment or on a fruit salad plate.

with whipped cream or beaten egg whites slightly sweetened folded into the chilled sauce just before serving.

flavored with chopped candied ginger or topped with crumbled ginger cookies.

JELLIED APPLE SALAD

- 1 tablespoon (1 envelope) gelatin
- 2 cups apple juice
- $\frac{1}{4}$ teaspoon salt
- 2 teaspoons sugar
- 1 tablespoon cider vinegar
- $1\frac{1}{2}$ cups finely diced, unpeeled red apples
- $\frac{3}{4}$ cup finely diced celery
- $\frac{1}{4}$ cup slivered, blanched almonds (optional)

Soak gelatin in $\frac{1}{4}$ cup of the apple juice for 5 minutes. Heat remaining apple juice to boiling point. Add salt, sugar, vinegar and soaked gelatin and stir until gelatin is dissolved. Chill. When mixture begins to set, chop apple and celery and fold into mixture along with almonds. Pour into a large ring mold or 6 or 8 individual molds. Chill until firm, about 2 hours. Unmold and serve.

NOTE: If desired, $\frac{1}{4}$ teaspoon onion juice and $\frac{1}{4}$ cup finely chopped cabbage may be added.

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PROCESSED APPLE PRODUCTS

APPLE JUICE is the natural juice of the fruit. Vitaminized apple juice contains a required amount of vitamin C added during canning. Apple juice is graded in order of quality as Canada Fancy and Canada Choice. It is sold in 6, 10, 15, 20, 28, 48 and 105 fluid-ounce cans.

APPLE SAUCE is canned in 10, 15, 20, 28, 48 and 105 fluid-ounce cans. It is graded in order of quality as Canada Fancy, Canada Choice and Canada Standard.

APPLES — Solid Pack — are peeled, cored apples cut into segments and canned without sugar or water. They are graded in order of quality as Canada Fancy, Canada Choice and Canada Standard, and are sold in 10, 15, 20, 28, 48 and 105 fluid-ounce cans.

APPLE PIE FILLER, made according to a standard with definite amounts of apple and sweetener, is sold in 10, 15, 20, 28, 48 and 105 fluid-ounce cans.

DRIED APPLES are apple rings or segments of peeled, cored apples from which the greater portion of moisture has been removed. They are graded in order of quality as Canada Fancy, Canada Choice and Canada Standard and are sold by weight.

FROZEN APPLES are frozen slices of peeled, cored apples. They are graded in order of quality as Canada Fancy and Canada Choice and are sold sweetened in consumer packages of 15 ounces net weight and 2 pounds and over, or unsweetened in packages of 11 and 20 ounces net weight and 2 pounds and over.

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